



COUPE DU MONDE FIS
SKI DE FOND
QUEBEC
FIS CROSS-COUNTRY WORLD CUP



MARCH
14 & 15
2020

PLAINS OF ABRAHAM

WORLD CUP CC QUEBEC.COM

NOTICE OF RACE - MINI WORLD CUP COOP

ACTIVITY DESCRIPTION

Saturday and Sunday from 3:30 pm to 5:30 pm, young groms between 5 and 12 years of age can put their skills to the test tackling a range of obstacles on the same course the professional athletes raced around just hours earlier! Official race bibs and medals will be handed out to give mini-skiers a great souvenir of their achievement.

On the program:

- Handing over the official bib
- Pre-race preparation and animation
- Sprint-style start (six cross-countryers per 5-10 minute wave), all commented by none other than the official host of the World Cup
- Official medals awarded to all participants
- Post-race snack
- Visit of Nordiq Canada's mascot Klister

BIB PICKUP

Registrations (depending on remaining places) and bib pickup – Manège militaire (see map)

- Saturday, March 14: 11 a.m. to 4 p.m.
- Sunday, March 15: 11 a.m. to 4 p.m.

Please note that your child's bib is available until 1 hour before departure time

****You will need to submit your registration confirmation (electronic or printed) in order to retrieve your bib**



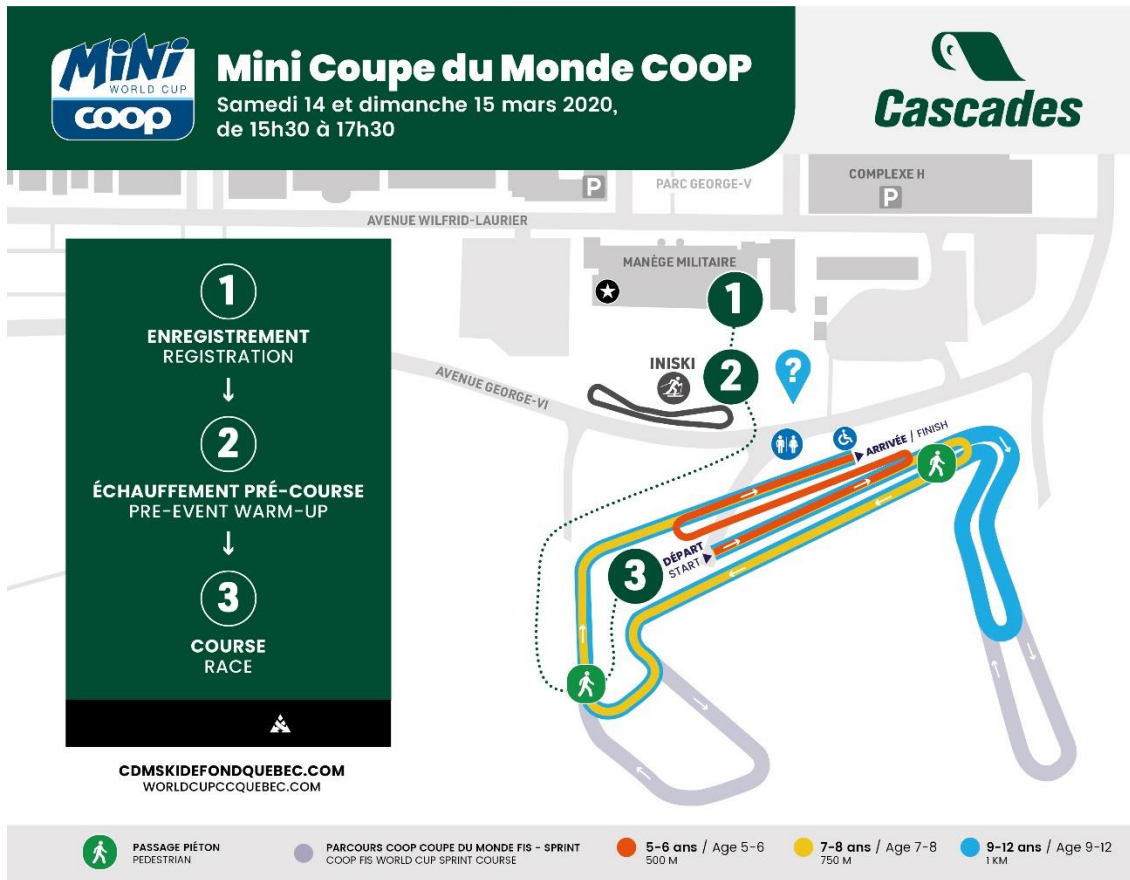
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DEPARTURE TIMES

Departure times by category will be communicated by email on Thursday, March 12 at noon for Saturday participants, and Friday, March 13 at noon for Sunday participants.

As an indication, departures will take place between 3:30 p.m. and 5:30 p.m. on both days.

REMINDER

- Parents will not be allowed in the stadium. Only accredited coaches will have access to it
- No on-site equipment loans
- Wearing glasses is mandatory to participate in the event

PARKING

Paid public parking is available in the area (among others Place D'Youville, Place Québec and the Marie-Guyart building).

Keep an eye out for parking bans, reserved spaces and parking meters.

COURSE

Mini Coupe du Monde COOP
COOP Mini World Cup
Samedi 14 et dimanche 15 mars 2020, de 15h30 à 17h30
Saturday, March 14 - Sunday, March 15, 3:30 p.m. - 5:30 p.m.

PLAINES D'ABRAHAM

①	Arches Arches	
②	Pas alternatif - le pas glissé Classic Stride	
③	Slalom Slalom	
④	Recherche de vitesse Speed tuck	
⑤	Double poussée Double pole	
⑥	Changement de corridor Switch lanes	
⑦	Bosses Rollers	
⑧	Virage de patin Skate turn	
⑨	Patin libre Free skate	
⑩	Pas de côté Sidestep	
⑪	Traverse Traverse	

● PARCOURS COOP COUPE DU MONDE FIS - SPRINT
COOP FIS WORLD CUP SPRINT COURSE

● 5-6 ans / Age 5-6 500 M

● 7-8 ans / Age 7-8 750 M

● 9-12 ans / Age 9-12 1 KM